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Friday FACTS

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"Leadership, Partnership, and Championship"

Physical Readiness Test (PRT) and Preventive Health Assessment (PHA)

The revised instruction, OPNAVINST 6110.1G, PHYSICAL READINESS PROGRAM, was released 11 October 2002 and can be downloaded (146 pages) from the Navy MWR web page at <http://www.mwr.navy.mil/prims/index.htm>.

The Physical Readiness Information Management System (PRIMS) web version replaces PRIMS Version 1.0.11 of May 2001 and contains the new scoring, in addition to other changes specified in the revised instruction.

During the transition to the new standard, members shall complete the Physical Activity Risk Factor Questionnaire (PARFQ), but the Fall 2002 data need not be entered into either PRIMS application. Also for the Fall 2002 PRT only, members may be screened IAW either OPNAVINST 6110.1F or 6110.1G.

The annual Preventive Health Assessment (PHA) will be utilized in the (5 Dec 01 OPNAVINST 6120.3) future to screen members for participation in the PRT. Prior to January, members without a current PHA shall continue to be examined and cleared by credentialed providers for the Physical Fitness Assessment (PFA) in accordance with guidance in OPNAVINST 6110.1F. However, beginning in January 2003, members will be required to have completed a PHA. Those who do not have a current PHA at that time shall not participate in PRT or physical conditioning until such assessments are completed. Members will take their completed PARFQ to their scheduled PHA medical appointment along with the SF600 form (also available online). Upon completion of the PHA, members will return to the command with the PARFQ and SF600 to show the CFL that clearance or waiver has occurred.

To learn more about the Physical Readiness Program, go to <http://www.mwr.navy.mil/prims/index.htm>

To download the PHA instruction, go to http://neds.nebt.daps.mil/Directives/6120_3.pdf

To learn more about PHA implementation, go to <http://www-nehc.med.navy.mil/hp/cps/policy&guidance.htm>

Chief of Naval Education and Training (CNET) has developed and released the General Military Training (GMT) materials for FY03. Included is a lesson training guide and accompanying PowerPoint lecture and videotape entitled "Responsible Sexual Behavior".

The lesson training guide (MS Word format) and the PowerPoint lecture may be downloaded from the CNET website at https://www.cnet.navy.mil/cnet/gmt/gmt03/gmt_03.htm.

The video has been produced in two formats - VHS tape and digitized video on a compact disk. These are or will be available to all Navy commands through the normal CNET GMT distribution system. A limited supply of the videotape is also available from SHARP (first come - first served). SHARP will also reproduce the digitized video on the 2003 version of the SHARP Toolbox CD (due out in January 2003). Contact: <mailto:sharp@nehc.mar.med.navy.mil>



"Exercise does not take time out of your life. It put life into your time." Linda Maxwell